

Temporary Assistance to Needy Families (TANF) and the Unemployed Parent Program (UP), focus on helping families with dependent children become self-sufficient through a work program, while providing cash and medical assistance.

If you are eligible for TANF financial assistance or cash assistance for unemployed parents, you will be expected to find and keep a job. However, if you are, or have been, in a relationship that is, or was, abusive and this relationship is making it difficult for you to work, there are ways you can get help. Certain program requirements may be relaxed when they:

- Place you or your children at risk of physical or emotional harm, or
- Make it more difficult for you to protect yourself or your child(ren) from harm or threat of harm, or
- Unfairly penalize you or your children who are or have been victimized by family/domestic violence.

When there are concerns about the conditions above, you could be given an alternative plan of action that would take into account you and your children's safety. Your worker can discuss this with you.

If you request, at any time, an alternative plan of action from certain program requirements due to a claim of family/domestic violence, you will be required to show that you are, or have been, in an abusive relationship.

There are several things you can do to document your claim:

- Get a letter from a social service agency or a domestic violence crisis center in which you are involved.

- Bring any records you may have such as, court, medical, criminal, social service, psychological or police/law enforcement reports.
- Get a letter from a landlord, neighbor or a friend who knows of your situation.
- Sign a sworn statement that says that you are, or were, a victim of family/domestic violence and that you need an alternative plan of action for work program requirements due to the abuse you and your family suffer or have suffered.

The Law Protects Your Confidentiality.

Federal and state policies protect your confidentiality. This includes protecting your name and address. If you have concerns about confidentiality, talk to a District Office (DO) worker. It is important to remember that mistakes can happen and there is no 100% guarantee. Always have a safety plan (see the services under local crisis centers).

Please be aware that state law requires us to report suspected child abuse, elder and/or incapacitated adult abuse to the appropriate officials.

If you have concerns that a report of suspected child abuse may be made, please be aware that the law requires that children stay at home if they can be safe in their home.

Other Programs And Benefits Available.
If you are not eligible for TANF or UP, you may be eligible for other programs such as food stamps or medical assistance for your children. Please ask about any programs for which you could qualify.

There are many people who can help you. You decide if and when you want to tell any of the following people about your situation.

The DFA Family Services Specialist (FSS) from the Division of Family Assistance (DFA). The DFA FSS helps you apply for cash assistance and helps you maintain your eligibility for cash assistance.

The Child Support Enforcement Officer from the Division of Child Support Services (DCSS). This person helps you collect child support safely, or helps you get a good cause program waiver if you need one.

Employment Counselor Specialist (ECS) from the New Hampshire Employment Program (NHEP). There is a team of NHEP workers assigned to assist you while participating in the work program to reach your goals. One team member is your ECS but you can talk to anyone on the NHEP team.

Domestic Violence Program Specialist from your local crisis center. This person works part time in the District Office and part time in a domestic violence crisis center. This person can tell you all about the services available to help you deal with your situation.

Crisis Center Advocate - This person works for the local crisis center and is specially trained to work with you on your relationship issues and help you with a safety plan. Your crisis center advocate may go with you to your financial assistance appointment, if you want them to. You can call your crisis center and talk confidentially with an advocate at any time, whether you get cash assistance or not.

DV Assessment Counselor-This person will meet with you if you feel it is unsafe for you to participate in the mandatory work program, or you want to receive financial assistance for greater than 60 months due to family/domestic violence. Once you get together and discuss your situation, this

counselor will make a determination about your status.

DCYF Social Worker from the Division for Children, Youth and Families. This person can help you if there are concerns about your child(ren)'s safety.

NH Legal Assistance. There are people available at your local legal assistance office to help you with many of the issues discussed here. They can also help with tenant and landlord issues, employer issues, and help you understand cash assistance program requirements.

If you have any questions or need more information about alternative plans of actions, exemptions, waivers, or other programs or services, please speak with a DO worker. You can also call your local crisis center or NH Legal Assistance listed in all telephone books in the 'Community Service Numbers' section.

REMEMBER

The most dangerous time for a person is when they are in the process of leaving the relationship. This includes when they are preparing to leave, while they are actually leaving, and right after they are in a new place. Make sure you know how to protect yourself and your children. A crisis center can help you with a safety plan and can even see that you have emergency shelter.

WHEN YOU APPLY FOR TANF
FINANCIAL ASSISTANCE OR
FINANCIAL ASSISTANCE FOR
UNEMPLOYED PARENTS
YOU MUST:

1. Cooperate with the DCSS by:

- Naming the father, and
- Helping to locate the father.

2. If you are a mandatory NHEP
participant, you will be required to:

- Attend an NHEP orientation before
your cash can be opened,
- Complete activities in your portfolio
aimed to help you identify jobs, and
- Participate in work, education or
training programs.

3. Immediately start preparing for the
time when your financial assistance will
end. This could be when you get a job
& become self-sufficient or when you
have reached your 60-month lifetime
limit on the receipt of cash assistance.

A referral to a local crisis center is
available to you regardless of any
programs or benefits you may or may not
receive.

WHEN YOU APPLY FOR, OR ARE
RECEIVING FINANCIAL ASSISTANCE
YOUR OPTIONS ARE:

1. If cooperation with the DCSS puts
you or your family in danger:

- Your whereabouts will be kept
confidential, and
- The requirement can be waived.

2. Special considerations in the NHEP if
family/domestic violence is, or has been
a problem for you at any time while
receiving financial assistance:

- You will be referred to NHEP and be
offered all available services. NHEP
will refer you for special assessment
services if you are not able to
participate in activities,
- You can be referred for crisis center
services such as counseling and
support, legal assistance, and even
emergency shelter, and
- You can get reimbursement for child
care and transportation costs while
getting special services.

3. If family/domestic violence has been
a problem for you at any time while
receiving financial assistance, making it
difficult or impossible for you to be self-
sufficient, you may be eligible to receive
benefits for longer than 60 months.

SERVICES LOCAL CRISIS CENTERS
CAN OFFER YOU.

While each crisis center is different, there
are some services that are available at
many of them. Ask or call your local crisis
center and find out what services are
available and out how they can help.
Some services you may receive from a
crisis center can be:

- **Support groups** - Where you can talk
with other victims going through some
of the same things as you.
- **Safety Plan** – They will help you work
on a plan for you and your family's
safety.
- **Legal advocacy** - They will help you
learn what relief is available from the
court system and police.
- **Social service advocacy** - They will
give you referrals to places where you
can get help in many ways.
- **24 hour phone line** - You can call
anytime you need to, day or night.

If you would like more information about
family/domestic violence services for yourself
or for someone you know, please speak to
anyone involved in your case. If you don't
understand something, ask and keep asking
until you do understand.

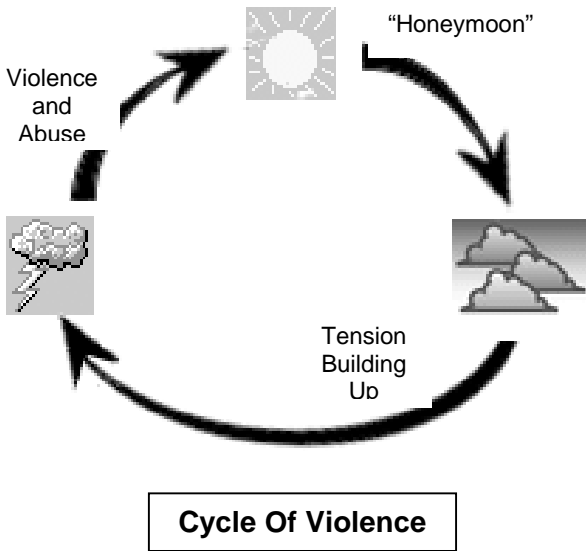
**Ask what other services might be
available at your local crisis center.**

*Provided in cooperation with the NH Department of
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Against Domestic and Sexual Violence*

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MAYBE THERE IS HELP!

Does this look or feel familiar?



**Are you in danger of your partner or
ex-partner doing any of the
following:**

- Physically hurting you by, for example:
pushing, grabbing, slapping, hitting,
choking, or kicking?
- Forcing you to have sex when you don't
want to, or to do sexual things you don't
want to do?
- Threatening to hurt you or someone else
close to you?
- Constantly putting you down and telling
you that you are useless?
- Stalking, checking up on you, or following
you?
- Causing you serious mental or emotional
pain?
- Threatening to take your child(ren) from
you?